



Senior Moments



Happenings

Extreme Couponing

Everyone is looking to save money these days! Pat Stauder will host a presentation on Extreme Couponing on Tuesday June 7th at 10:AM. Learn how to maximize your savings using coupons and how to time the purchase of items by combining sales with manufactures coupons. Call the Center to sign up for this informative program. Bring some coupons to swap!

How the West was

Lost : What do you know about Native American Indians? Join us on Wednesday June 15th at 10:AM as Bill Baiocchi presents an interesting program on the Indians who lived in our western states. Learn about the lives and culture of the Sioux , Cheyenne and Lakota tribes. Learn details about Red Cloud, Sitting Bull and Crazy Horse. Hand's on display and pictures will be available. Call the Center to register

Exchange Club

Picnic: The Exchange Club picnic will be held on Saturday June 18th at Henry Park from 11:AM-2:PM. Bingo will be played at 11:AM followed by a chicken barbeque at 12:00 noon. The picnic is for seniors in the Tri-Town area and is free of charge. Rain location is the T.A.C. Center on the same day. You do not need to register for the picnic.

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Newcomers Welcome



On the fourth Thursday of every month, the Senior Center will host a tour of the Center for new seniors. This month it will be held on Thursday, June 23rd at 1:30 pm.

Come and take a tour of our beautiful facility and learn about the programs and activities that are available. The Senior Center's goal is to offer a wide variety of programs and activities that

would be of interest to all seniors. The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our Seniors. We are extending a

warm welcome and hope to see you on the 23rd. Please call to register as light refreshments will be served.

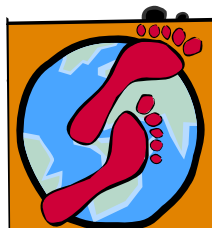


Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on Wednesday, June 8th. The hours are from 9:00 am — 10:00 am. Appointments are not necessary. The Visiting Nurses will be on hand to answer any questions that you may have.

The Senior Center offers Foot Care on June 2nd & 9th. It is necessary that you schedule an appointment, so please contact the Center at 860-870-3680.

Appointments are available between 9:00 am and 1:30 pm.



Hearing Screening will be held on Thursday June 23rd. Please call Sela at the Center to schedule an appointment. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides and will be available to answer any questions that you may have.

New Healthy Activities

Beginner Line Dancing:

The Center will offer a 10-week Beginners Line Dance Class starting on Tuesday June 14th. Class will be held from 11:30AM-12:00 noon. Shirley McElroy will instruct the class. Cost is \$15.00 per student. Call now to sign up. Space is limited.

Advanced Line Dancing:

The Center will offer a 10-week Advanced Line Dance Class starting on Tuesday June 14th. Class will be held from 9:30AM-11:00AM. Shirley McElroy will instruct the class. Cost is \$20.00 per student. Call now to sign up. Space is limited.

Pilates : The Center will offer a 6-week Pilates Class starting on Thursday June 9th at 9:AM. Pilates helps to improve posture and balance. The class will consist of chair and floor exercises. Bring a yoga mat, water and wear comfortable clothes. Cost \$20 per student.

On-Going Healthy Activities

Tai Chi— This activity is offered on Friday mornings at 10:00am. Tai Chi is Chinese “mediation in motion” that is primarily practiced for health benefits. It consists of slow movements that emphasize body coordination, strength, flexibility and relaxation. Alcyone Brennan is the

Instructor and the cost is \$5 per class.

Wii Bowling—This activity is offered on Fridays at 12:30pm. Come and join the hooting and hollering as teams compete. The Center’s Team has received a challenge from White Oaks Assisted Living

and will be there on Wednesday, June 8th for the competition. Good Luck ladies.



Cards & Games

Bingo—Mondays at 1:00pm

Chess —Tuesdays at 9:30am

Cribbage—Wednesdays at 9:45am

Dominos—Tuesdays at 1:00pm & Thursdays at 10:00am

Mah Jongg— Mondays at

9:30am, Wednesdays & Thursdays at 1:00 pm

Pinochle—Tuesday & Thursdays at 1:00 pm

Scrabble—Tuesdays at 1:00pm

Setback—Fridays at 10:00am.

Wii Bowling—Fridays at

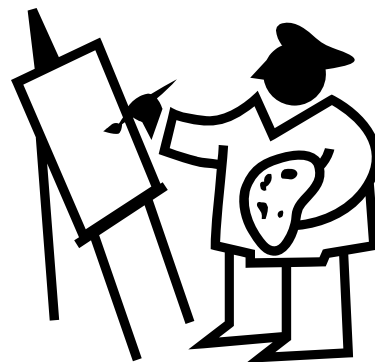
12:30pm



Exciting Opportunities

Yoga Class: The Center will offer 6- week Yoga Class starting on Monday June 20th at 1:PM. Laura Holtman will instruct the class. This will be a chair yoga class focusing on gentle movements and breathing exercises. Cost is \$20.00 per student.

Painting Class : The Center will offer an 8-week Acrylic Painting Class starting on Wednesday June 8th at 1:PM. Linda Lasko will instruct the class. Linda is a member of the Tolland County Art Association. The subject will be a landscape. Cost is \$20.00 per student.



Movie Matinee

Popcorn and A Movie—The Center is offering a movie matinee on Monday, June 27th at 1:00pm. The feature film is “The King’s Speech”. The movie is the story of King George VI of Great Britain who is the father of Queen Elizabeth II and his unexpected ascension to the throne after his brother

abdicates. George reluctantly assumes the throne and is plagued with stuttering and is considered not fit to be King. He engages an unorthodox speech therapist and through a set of unexpected techniques, he is able to find his voice and lead the country through World War II.

Please call the Center to register so we know how much popcorn to pop!



Creative Goings On

Drawing Class

Mary Wolff teaches a drawing class on Tuesdays at 1:00 pm. They use color pencils and pastels. Drawing experience is not necessary. All that is needed is desire and interest. Participants pay Mary directly and she charges \$5 per class for the supplies.



Drum Circle The Drum Circle will meet at 1:00pm on June 14th. The circle is open to seniors of all skill levels and meets on the 2nd Tuesday of every month. Drumming has many health benefits & helps release endorphins in the brain. African djembe drums and hand percussion instruments will be played. Cost is \$5 per class.

A Hodgepodge

Chorus

Calling all singers and those who like to sing but don't consider themselves singers. The chorus meets every Monday morning at 10:00 am. If this interests you, please drop by as new chorus members are always welcome.

Book Club

The book club will be meeting on Thursday, June 16th at 10:00 am. We are in the beginning stages of formulating the club. Please come and bring your ideas. Contact the Senior Center to register.

Knitting & Crocheting

Do you like to knit or crochet? Come and join our knitting group on Wednesday, June 22nd at 10:00 am. All knitters are welcome.



For the Sports Minded

Co-Ed Pool Tournament—

The tournament has been taking place and will continue through July. Play off for the second leg will begin on July 18th. An awards luncheon will be held for all participants.

Drop in Pool— Wednesday and Friday afternoons at 1:00pm—anyone interested in

playing pool is welcome.



Men's Golf League

The golf league plays on Tuesdays and Thursdays at Twin Hills Golf Course. Currently there are 28 two person teams. Substitutes are always needed. Just arrive at 7:45 am and you will be guaranteed a play time.

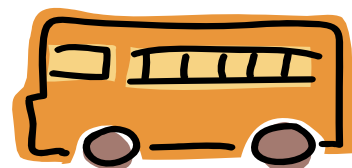
Transportation

Senior Car—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 2:00 pm.

Senior Bus—Every Thursday, our senior bus travels to Stop & Shop, Kmart & Price Chopper. There is pick up available at the Senior Housing complexes—Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, Windermere Court & the Senior Center. Our bus also goes to the Buckland Mall and Wal-Mart every other

month.

Need a ride to any activity or program at the Center? Contact Hockanum Valley Community Council at 860-870-7940 as they provide Dial A Ride services. The cost is \$2 roundtrip.



Senior Center Library

Library books, VHS tapes and Puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and

check out whatever maybe of interest to you. An added



bonus is that you may return the items at your leisure.

All items have been donated and the Center has been very fortunate to have received so many. The donations are key to making our library possible and successful, so please continue to contribute.

Medical Equipment

The Center has medical equipment to loan out to seniors who may need walkers, canes, commodes, shower seats and wheelchairs.

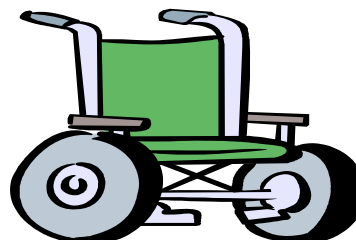
All of these items have been given to the Senior Center and these donations make this viable program possible. We are grateful for the donations.

The program has been utilized widely and is very much appreciated by those in need.

We often receive thank you notes from family members informing us that this service is very valuable and beneficial.

If you would like more information, please call Sela at 860-870-3680. If you wish to

donate any items, please contact the Center. **We need shower transfer seats, canes & commodes.**



FYI

State Parks and Forests

The Charter Oak Pass provides access to the State Parks and Forests and is available free only to Connecticut residents 65 years of age and older.

The pass may be used at all day use areas in State Parks and Recreation Areas including Gillette Castle and Dinosaur State Park, Quinebaug Valley

Hatchery fishing ponds and boat launching areas.

To obtain a pass, send a legible photocopy of your current Ct drivers license as proof of age and residency to: D.E.P. Charter Oak Pass, State Parks Division, 79 Elm Street, Hartford, CT 06106-5127. If you have any questions about the pass, you may contact the State at 860-424-3200.

Age Requirement Change

The age requirement for trips has been changed to age 55 and older. For all other activities at the Center, the age requirement remains at 60 or older. The Center offers day trips monthly so watch our calendar.

CHOICES Counselor—Medicare

Vernon Social Services has trained CHOICES counselors who will assist you with questions you may have regarding Medicare, Medicare Advantage, Prescription Coverage or Supplemental Insurance. The North Central Agency on Aging provides the

training & keeps the counselors informed about any changes in



programs that effect seniors.

If you have any questions about your coverage or anything else related to your insurance, please contact Social Services at 860-896-2375 ext. 0 for a confidential interview. Please note that the counselors do not sell insurance.

Upcoming Events

The following is a listing of activities and programs for the upcoming months. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

July—Beginner's Bridge Lessons

July—Computer Classes

July 14—Representative Claire Janowski's presentation

July 21—Book Club

July 28— Newcomer's Meeting

September 14— Blood Drive

September 16—Flu Clinic provided by Visiting Nurse and Health Services of Ct & the Town of Vernon



Volunteers Needed

It is that time of year again when the Senior Center is seeking volunteers for the upcoming year. Volunteers are an essential part of the Center. Without them, we could not offer the programs, activities and events that we do.

We need volunteers for various activities and programs.

We need activity leaders, special event helpers, computer specialists, library helpers, and volunteers who are available at the last minute to help out.

If you have a special interest, ability that you would like to share with others or just like to volunteer, please contact the Senior Center at 860-870-3680.

All those helping hands makes the Senior Center able to provide for our older residents.



Other Activities

The “**Out to Lunch Bunch**” is the first Wednesday of every month. Each month a restaurant is chosen and this month the “bunch” is going to Union Street Tavern in Windsor. Senior Bus provides the transportation. This program is very popular & fills

up fast so call the Center as soon as it is announced.

Computer Lab

The Computer Lab is open for use on Tuesdays from 9:30 am until 11:30 am and on Thursdays from 1:00pm until 3:00pm. Classes will be starting shortly and we at the Center would like

your input. Please contact the Center with what classes you may be interested in seeing



Advisory Board Update

The Advisory Board meets the third Tuesday of the month at 9:30 am. Present board members are David Alter, Barbara Dahlman, Marie Harris, Jean Inge, Carol Nelson, Gerry Probulis, Carole Slattery & Ed Zinky.

The Board has been very supportive of the Senior Center.

The Advisory Board approved the purchase of carpet for the platform in front of the stage and it was installed the end of May.

The Board also approved the purchase of the flooring for the stage and the Public Works Department offered to install it. This should be completed during this month.

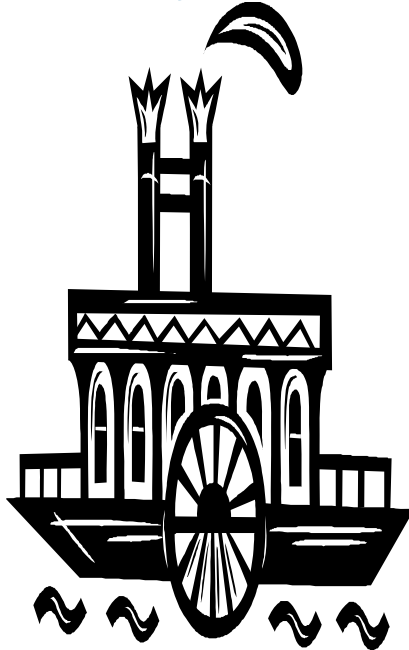
A special thanks to the Advisory Board members for their generosity and also a special thanks to the Public Works Department for their hard work. The Senior Center is very fortunate to have “friends” like this. Stop by and see how wonderful the stage looks.

Senior Center Trips

Hudson Valley River Cruise

Wednesday, June 22nd

Hudson Valley NY. Our day begins with lunch at the elegant Torches on the Hudson. Lunch choices are Slow Roasted Pork Loin, Pan Seared Chicken Breast with sun dried tomatoes in a marsala wine sauce or Penne Pasta tossed with fresh bruschetta tomatoes. Following lunch we will board the River Rose an authentic Mississippi Paddle Wheeler for



a 2 hour narrated cruise on the majestic Hudson River. On our way home we will make a brief stop in the Village of Cold Springs for some free time to shop and browse the many quaint shops on Main Street. Trip includes round trip transportation all taxes and gratuities including the driver. Cost is \$87.00 per person.

Portsmouth New Hampshire

A new trip has been scheduled for **Tuesday July 12th** to Portsmouth New Hampshire. We begin our day on board the Seacoast Trolley for a narrated historical tour of Portsmouth. Sites on this scenic 17 mile tour include picturesque beaches, parks and State historic sites. We will then make our way to Kittery ME for lunch at the famous Warren's Lobster House. Lunch choices include Ritz Filet of Haddock, Crab Encrusted Salmon or Chicken Parmesan. Following lunch, we

will have time to visit the Kittery Outlets for some free time to shop and browse the fabulous outlet stores. Trip includes roundtrip transportation on a Post Road Motor coach, all taxes and gratuities including the driver. Cost is \$81.00 per person. Call the Center (860)870-3680 to sign up for this wonderful summertime day trip to the seashore. Remember trips are now open to seniors age 55 and older.



Remember June 14th is Flag Day



Join us at the Senior
Center for a fun day!



June Birthdays !

Happy Birthday to:

Jo Cassells **6/18**

Sophie Welply **6/25**

Barbara Sylvester **6/26**

Mable Conrady



*Friends
Are Always
Welcome*



Happiness is VERNON SENIOR CENTER

26 Park Place

Phone: (860) 870-3680

Fax: (860) 870-3588

**Email: pclaydon@vernon-ct.gov
eballos@vernon-ct.gov**

Hours

**Monday—Friday
9:00am-3:00pm**

**Join us at the Senior
Center for a fun day!**

*The Vernon Senior Center is committed
to assisting Vernon seniors by providing
programs that meet their needs and address their
concerns.*

Our staff includes:

Paula Claydon, Director

Ellen Ballos, Assistant Director

Sela Saunders, Secretary/Receptionist

Carol Collins, Building Assistant

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: